

Strength & Conditioning Support



All the support
you need to
maintain a
healthier lifestyle

YMCA Facility Tour
Stop in at our Welcome Desk any time for a tour of our beautiful facility! Our staff will not only show you our amenities, but will also answer questions you may have regarding membership, review our program brochure with you and give you the information you need to get on your way to enjoying what the YMCA has to offer!

SERVICES	<p>Smart Start: Cardio or Strength ♦ (or both!) <i>30 minutes to 1 hour</i> Free for Members Public: \$ Free for Members Public: \$ Become familiar with our equipment – learn how to safely and effectively use our cardio equipment (treadmills, rowers, bikes, ARC trainer, etc.); or our Strength equipment (weight machines and free weight training area). We will review the schedule and help you find a time/program that works! Specify type of orientation at time of booking. Orientations may be booked with a friend, but both people must be receiving the same type of orientation.</p>	<p>Smart Start: Family ♦ <i>1 hour</i> Free for Members Public: \$ Keep fit as a family! Children ages 8-15 years may workout accompanied and directly supervised by an adult (1 adult 18yrs+ to 2 children) after completing this orientation session. Our staff will show appropriate exercises for both you and your child, proper equipment use and safety, and discuss gym etiquette. Participating family members will receive a special toe tag granting future family access to our conditioning centre. Note: children 12-15yrs must complete our Strength Training; Teen program to gain unaccompanied access to our Conditioning Centre.</p>	<p>Gravity Orientation ♦ <i>30 minutes</i> Free for Members Public: \$ Receive a guided introduction to our popular Gravity machines led by one of our fitness staff. Learn how to adjust the machines for different types of exercises and leave confident in your ability to use the Gravity machines in a class or on your own.</p>
	<p>Fitness Essentials Program ♦ <i>30 minutes to 1 hour</i> Free for Members Members only Looking for a basic strength and conditioning program to start your training, add variety, or refresh your last program? A Fitness Programmer will work with you to create a strength and conditioning Fitness Essentials Program customized specifically to help you reach your goals! 1 person per time slot only.</p>	<p>Aquatic Centre Orientation ♦ <i>20 minutes (between 3-4 PM)</i> Free for Members Public: \$ Looking to give our pools a try but aren't sure where to start? One of our Aquatic Staff will walk you through the change rooms to the pools and can answer any questions you may have coming in. We will review the pool schedule and help you find a time/program that works!</p>	<p>From Pool to the Conditioning Centre Info Session ♦ Free for Members Members Only Familiar with the pool and ready to make a move to our Conditioning Centre to enhance your fitness routine? Join one of our Aquatic Staff in a group Conditioning Centre orientation session with a Fitness Programmer to introduce you to the equipment and programs we have available.</p>
PROGRAMS	<p>Strength Training ♦ Receive guidance from staff on how to begin or improve your workout with muscle conditioning. Focus on proper form, technique and safety with your goals in mind. Options Available: Strength Training: Women (women only) Strength Training: 55+ (6 week program) Strength Training: Girls (ages 12-16) Strength Training: Youth (ages 10-12) Strength Training: Teen (ages 12-15) 4-week program; successful participants receive a toe tag allowing unaccompanied access to our Conditioning Centre Strength Training: Teen (Advanced) Must have completed Strength Training: Teen</p>	<p>Creating Balance ♦ This program is designed to assist you with the behavioural changes needed to maintain a healthy lifestyle. Learn practical weight management techniques in a supportive and safe environment! Our focus is fun, healthy habits and long term success. It is just not <i>losing</i> inches, it is <i>gaining</i> back your own health and wellness!</p>	<p>Personal Training \$ ♦ <i>1 hour sessions (Members only)</i> Purchase personal training packages at Member Services and book sessions with one of our trainers. We'll keep you motivated and on track to reach your fitness goals! We require 24 hours advance notice to cancel or reschedule a session. If you cancel, reschedule or miss your appointment without 24 hours' notice, the scheduled session will be deducted from your purchased package. We understand that emergencies do occur. You may cancel or reschedule a session for emergency reasons up to 2 times a year by giving us a minimum of 3-hour notice. To reschedule or cancel, please call 519.376-0484 ext 208.</p>
WORKSHOPS	<p>Healthy Lifestyles ♦ Free for Members Public: \$ Workshops organized by YMCA Staff will feature local health care professionals on the 1st Tuesday of every month at 7 PM. Space is limited; register at our Welcome Desk. Watch for info in our newsletter and posted on our information board.</p>	<p>Optimizing Your Health & Wellness ♦ Workshops are offered in partnership with Grey Bruce Health Services and the YMCA on the 2nd Tuesday of every month and are designed for those who have had a stroke, heart surgery, heart attack, or who have other heart conditions including high blood pressure of cholesterol; or are at risk. Topics Include: Pharmacy Talk, Stress & Health, Heart Healthy Diet Space is limited; register through the Cardiac Rehab office at 519-376-4832 by leaving your name & phone number. Watch for info in our newsletter and posted on our information board.</p>	

Services, programs, and workshop registration can be booked at our Welcome Desk during open hours.

Not every program may be offered each session.
Please see Program Brochure for current program availability.

♦ Advanced registration is required | ● Drop-in spaces available if space permits | \$ Additional fee required – see program brochure